

ABSTRACT OF THE DISCLOSURE

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Table 1. Demographic characteristics of the study population	
Age (years)	Mean (SD)
Male	55.2 (10.5)
Female	56.8 (11.2)
Education (years)	Mean (SD)
Male	12.5 (2.1)
Female	12.8 (2.3)
Marital status	
Married	78%
Single	22%
Occupation	
Professional	35%
Managerial	25%
Skilled	20%
Unskilled	20%
Retired	10%
Income (USD/month)	Mean (SD)
Male	1,200 (300)
Female	1,150 (280)
Health insurance	
Yes	85%
No	15%
Smoking status	
Smoker	30%
Non-smoker	70%
Alcohol consumption	
Regular	15%
Occasional	25%
Never	60%
Family size	Mean (SD)
Male	3.2 (1.5)
Female	3.5 (1.8)
Comorbidities	
Hypertension	45%
Diabetes	30%
Cholesterol	55%
Asthma	10%
Arthritis	20%
Depression	15%
Medication use	
Antihypertensives	40%
Antidiabetics	25%
Lipid-lowering agents	50%
Inhalers	10%
Painkillers	20%
Antidepressants	15%
Other	10%
Healthcare utilization	
Primary care visits (per year)	Mean (SD)
Male	4.5 (2.5)
Female	4.8 (2.8)
Specialty care visits (per year)	Mean (SD)
Male	1.2 (1.0)
Female	1.5 (1.2)
Emergency department visits (per year)	Mean (SD)
Male	0.5 (0.8)
Female	0.6 (0.9)
Admission rate (per 100 person-years)	Mean (SD)
Male	2.5 (1.5)
Female	2.8 (1.8)
Health status (SF-36)	Mean (SD)
Physical functioning	45.2 (15.5)
Bodily pain	48.5 (18.2)
General health	42.1 (14.8)
Energy/fatigue	40.3 (16.1)
Social functioning	43.7 (17.3)
Emotional well-being	46.9 (19.4)
Role limitations due to physical problems	41.5 (15.9)
Role limitations due to emotional problems	44.8 (16.7)
Health-related quality of life (HRQL)	Mean (SD)
Male	42.5 (15.2)
Female	44.1 (16.5)